

July 2018

Anne Gordon Center for Active Adults 919-996-4720



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>1:00p-4:00p SHIIP Counseling by Appointment only *</p> <p>1:30p-2:30p Noggin Joggin *</p>	<p>3</p> <p>9:15a-12:15p Drawing for beginners \$</p>	<p>4</p> <p>Closed</p> <p>July 4 Holiday</p>	<p>5</p>	<p>6</p>
<p>9</p> <p>9:30a-12:30p SHIIP Counseling by Appointment only *</p> <p>2:00p-4:00p iPad Basics 3 \$</p>	<p>10</p> <p>9:15a-12:15p Drawing for beginners \$</p>	<p>11</p> <p>6:30a-5:45p Winston Salem Trip \$</p> <p>1:30p-4:00p Wed Movie * The Greatest Showman—PG</p>	<p>12</p> <p>11:15a-12:15p Learn to Line Dance \$</p> <p>1:00p-2:00p Important Docs *</p> <p>4:00p-5:30p New York Trip meeting *</p>	<p>13</p>
<p>16</p> <p>1:00p-4:00p SHIIP Counseling by Appointment only *</p> <p>1:30p-2:30p Noggin Joggin *</p>	<p>17</p> <p>9:15a-12:15p Watercolor for beginners \$</p> <p>9:15a-4:30p Clayton Trip \$</p>	<p>18</p> <p>1:30p-4:00p Wed Movie * Molly's Game—R</p>	<p>19</p> <p>11:15a-12:15p Learn to Line Dance \$</p> <p>1:00p-2:00p Social Security for Retirement *</p>	<p>20</p>
<p>23</p> <p>9:30a-12:30p SHIIP Counseling by Appointment only *</p>	<p>24</p> <p>9:15a-12:15p Watercolor for beginners \$</p>	<p>25</p> <p>1:30p-4:00p Wed. Matinee * Phantom Thread- R</p>	<p>26</p> <p>9:30a-11:30a Intro to SIRI \$</p> <p>11:15a-12:15p Learn to Line Dance \$</p> <p>1:00p-3:00p Medicare 101*</p> <p>3:00p-4:00p Trusts & Wills *</p>	<p>27</p>
<p>30</p> <p>2:30p-4:00p Colorado Trip Meeting (for those registered)</p>	<p>31</p> <p>9:15a-12:15p Watercolor for beginners \$</p>			

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-12:00 Men's Monday Mornings *	9:15 -10:00 Seniorcise \$	9:30-1:00 55+ Club Cards \$	9:15-10:00 Seniorcise \$	9:15-10:00 Zumba Gold \$
9:15-10:15 Chair Yoga \$	9:15-10:00 Zumba Gold \$	1:00-3:00 Open Play Cards and Mah Jongg *	9:15-10:15 Gentle Yoga \$	9:30-12:00 Bingo \$
10:30-11:30 Gentle Yoga \$	10:15-11:00 Aerobic Fit \$	1:30-3:30 Wednesday Matinee* (over for movie titles)	10:15-11:00 Aerobic Fit \$	10:30-11:15 Qi Gong \$
11:45-12:45 Dance Xross Fitness \$	10:30-11:15 Qi Gong \$	3:30-4:30 Gentle Yoga \$	10:30-11:15 Chair Yoga \$	11:30-12:15 Qi Gong for Joint Health \$
1:00 -1:45 T'ai Chi Chair Beginners \$	11:30-12:30 Shibashi \$ (not Jun 19)		11:30-12:15 Chair Yoga \$	12:30-4:00 Open Play Cards and Mah Jongg *
1:00-4:00 Quilting Intermediate \$ (not July 30)	12:15p-1:15p Gentle Yoga \$		12:30-1:15 Tai Chi Adv. Sun Style Part 2 \$	1:00-2:00 Line Dance Beginner/Improver *
2:00-2:45 Tai Chi Intermediate \$	12:30-3:00 Open Play Cards and Mah Jongg*		1:00-1:45 Zumba Gold \$	2:15 - 3:15 Line Dance Introduction *
3:00-3:45 Tai Chi Adv. \$	1:00-1:45 Zumba Gold Chair \$		1:30-2:15 Tai Chi Beginners \$	
4:00-5:30 Line Dance Open Studio *	2:00-2:45 Ageless Grace \$		2:00-4:00 Knitting and Crocheting \$ (not July 5)	
	2:00-4:00 Knitting and Crocheting \$ (not July 3)		2:30-3:15 Tai Chi Adv Sun Style Part 1 \$	
	4:00-5:30 Line Dance Open Studio *			

The center is open Monday-Friday 9:00am-6:00pm

Programs on this side meet every week.

Programs on the other side are just on those specific dates.

*** = Free Program**

\$ = Registration Fee

Don't Wait - Register Early! Programs and classes that do not meet the minimum number of registrants have to be cancelled, and **some classes may fill up.** Registering early secures your spot and allows us time to plan appropriately to reduce cancellations.